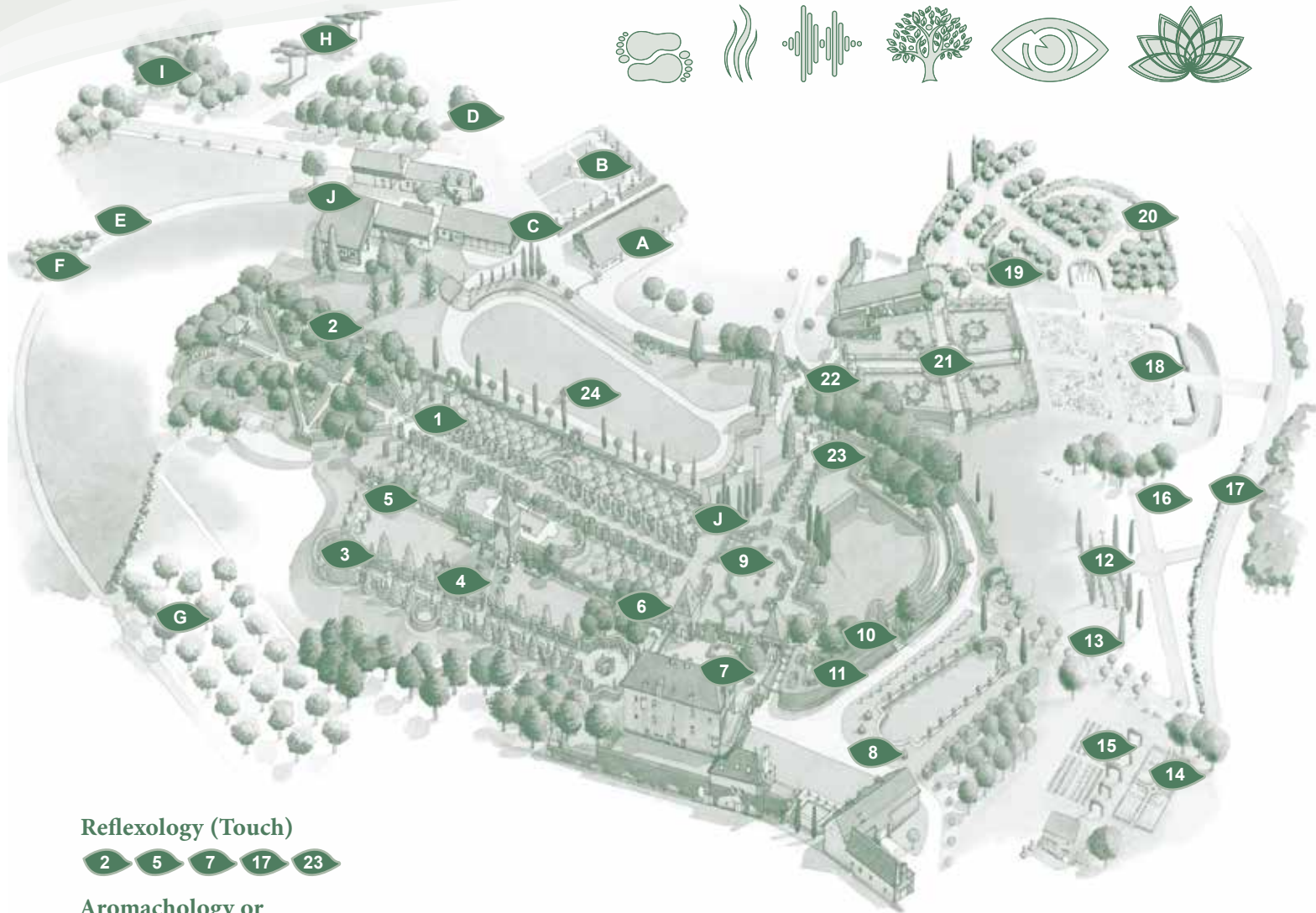




Eyrignac ET SES Jardins

*Sensory discovery of
Eyrignac and its Gardens*

*The garden as a whole lends itself to all of the activities above.
The icons indicate places particularly suited to a specific activity.*



Reflexology (Touch)

2 5 7 17 23

Aromachology or olfactotherapy (Smell)

6 15 18 21

Sonology or sonotherapy (Hearing)

5 7 8 17 21 I

Sylvotherapy

5 17 23 I

Contemplation (Seeing)

14 20 21 23 B J

Mindfulness

5 11 17 20

- 1 Hornbeam Alley
- 2 Chinese Pagoda
- 3 Green Room
- 4 Avenue of Vases
- 5 Lawn bed
- 6 English Neo-Gothic Arcades
- 7 Manor, Romanesque Chapel, Dovecote
- 8 Mirror and Outbuildings
- 9 French-style Garden Bed
- 10 Aviary
- 11 Lover's Room
- 12 Tree Nursery
- 13 Wash House and Avenue of the Virgin

- 14 Kitchen Garden
- 15 Flower Garden
- 16 Topiary Farmyard
- 17 The Garden of Water Sources
- 18 Four Squares : « Reflet du Ciel », Roaming square, Inebriated square, Daughters of the wind square
- 19 Olive-tree Garden
- 20 Bellevue
- 21 White Garden
- 22 Japanese Torii
- 23 Enchanted Terrace
- 24 Pavilion of Rest

Around the gardens :

- A Ticket office, shop and restrooms
- B Orangery garden
- C Restaurant, Tea Room
- D Car Parks
- E Truffle Plantation
- F Orientation Table
- G Walnut-tree Garden
- H Picnic area
- I Forest Area
- J Start of the Botanical Paths

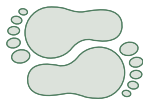
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Reflexology (Touch)

2 5 7 17 23

Reflexology is an ancestral practice stemming from China which conveys various benefits. Its physical and psychological effects come as a result of pressure on “reflex” zones under the arch of the foot. By walking barefoot in the gardens, you are hearkening to acupressure points and your sense of touch.

The entire route lends itself to reflexology. Feel the softness of the carpets of mowed grass, either still fresh from the morning dew, heated by the warmth of the sun, or tempered by the shade of the leaves. When you wander the paths of sand, stop for a moment and try to feel the tiny grains under your feet.



Sonology or sonotherapy (Hearing)

5 7 8 17 21 I

Pause, take time for observation. You can close your eyes should you wish to appreciate the silence. Then listen. Here, you will detect the noise of the water as it flows and jets, the song of the wind, stronger or weaker, the rustling of the leaves, the sound of footsteps muffled in the grass, rolling in the gravel, sliding in the sand, or the song of a bird or buzzing insect.

Sonology helps us to become aware of our environment. Matching our breathing with the breathing of the world invites harmony between the microcosm and the macrocosm.



Contemplation (Seeing)

14 20 21 23 B J

Sight is the favoured sense in the French Garden, everything is done to please the eye: a perspective, an optical effect, a point of view, and so on. Seeing, observing, and contemplating are 3 consecutive actions. By default, the eyes look at the garden, but do they understand it? Do they identify lines, visual effects, form compositions? Understanding implies a period of observation to render the garden intelligible. So in the face of the art used to furnish the locations, a contemplative state settles in. The harmony of the garden takes hold



Aromachology or olfactotherapy (Smell)

6 15 18 21



Aromas are the source of many emotions: pleasure, joy, sadness, disgust, rejection, melancholy, and so on. They can soothe, relax, and purify. In the Medieval Garden, smell is the dominant sense thanks to its ability to awaken the mind and recall memories. The garden is full of noticeable aromas depending on the plants and weather. Some aromas are more perceptible after rain, and others when the sun is shining. The French Garden boasts woody notes. You can smell yew, boxwood, and hornbeam. In the Spring-fed Garden, floral notes can be found; The Rose Garden boasts the aroma of white flowers; The fragrances of the Flower Garden are sophisticated and the plants of the Four “Squares” exude the light scent of wild flowers.

Sylvotherapy

5 17 23 I

The trees around us are the link between the earth and sky. Observe their greenery cutting across the sky, their branches, their trunks and imagine the path of their roots in the soil.

Hear the trees, the rustle of their leaves. Smell their aromas. Close your eyes and put your hand on their trunks; feel the textures of the bark, the folds, the hollows, their softness or their roughness.

Allow yourself to be carried away by the serenity of the trees. Should you wish, after visiting the garden, you can have a forest bath, termed “shikrin-yoku” in Japanese, to continue your oxygenation.



Mindfulness

5 11 17 20

Throughout your journey, we invite you to pause for a few seconds or minutes to note your mood.

Sit on a bench, on the grass, under the Pagoda, wherever you wish to stop. Do nothing, close your eyes, breathe in, breathe out slowly, and feel your emotions. Do not try to change them, rather welcome them as they are.



Take several pauses and observe the evolution of your feelings.

Get away from the city, relax in nature

Eyrignac and its Gardens are the model of the so-called “suburban” villa, a residence accessible quickly and easily from the city, here being Sarlat-la-Canéda, whilst being far away enough from it to offer its owner and their acquaintances an environment of calm and silence away from the hustle and bustle of the city.

This need for tranquillity, made apparent through immersion in nature, dates back to Antiquity. Texts, written notably by Pliny The Younger (1st century CE), evoke these magnificent residences accompanied by a garden which enjoy a breathtaking view of the surrounding landscape. The garden is particularly suitable for this return to nature, a safe nature, a perfect cocoon to reconnect with oneself physically and mentally through sensory awakening.

During the Renaissance, the model of the suburban villa came back into focus. The architect Leon Battista Alberti (15th century) praises the benefits they convey to their guests, both in body and soul. The numerous villas built around Florence for the Medici family testify to their use for this which spread to France in the 16th century.

Located in the heights, offering temperate climate, generous land with 7 active springs, abundant flora and fauna, and a view of the hills of the Périgord Noir, the site of Eyrignac is a sweet paradise.

Nestled in the heart of this 200 hectare estate, like a jewel in an oasis of green, the immutable gardens surround the 17th century family Manor house with a theatre of plant life where the spectacle of nature is played out. Reorganised in its entirety from 1965 by Gilles Sermadiras, the Gardens of Eyrignac Manor have been open to the public since 1987, receiving the label of “remarkable gardens” in 2004.

During your walk, you will discover 300 topiary features of yew, boxwood, hornbeam and ivy, true sculptures of vegetation shaped by hand pruning, carpets of mowed grass, fountains, basins, the rose garden and the gardens of flowers and vegetables making up the French and rustic gardens, as well as the site’s botanical trails.

